

PAINS IN SIDE AND BACK

How Mrs. Kelly Suffered and
How She was Cured.

Burlington, Wis.—"I was very irregular, and had pains in my side and back, but after taking Lydia E. Pinkham's Vegetable Compound Tablets and using two bottles of the Sanative Wash I am fully convinced that I am entirely cured of these troubles, and feel better all over. I know your remedies have done me worlds of good and I hope every suffering woman will give them a trial."—Mrs. ANNA KELLY, 710 Chestnut Street, Burlington, Wis.



The many convincing testimonials constantly published in the newspapers ought to be proof enough to women who suffer from those distressing ills peculiar to their sex that Lydia E. Pinkham's Vegetable Compound is the medicine they need.

This good old root and herb remedy has proved unequalled for these dreadful ills; it contains what is needed to restore woman's health and strength.

If there is any peculiarity in your case requiring special advice, write the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for free advice.

Good Advice.

"Keep your eyes on the sky—not on the ground."

"You mean that it is better to be a sky scraper than a muckraker?"

TAKES OFF DANDRUFF HAIR STOPS FALLING

Girl! Try This! Makes Hair Thick,
Glossy, Fluffy, Beautiful—No
More Itching Scalp.

Within ten minutes after an application of Danderine you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable luster, softness and luxuriance.

Get a 25-cent bottle of Knowlton's Danderine from any store, and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all—you surely can have beautiful hair and lots of it if you will just try a little Danderine. Adv.

Advice.

"My capital is brains."
"You'd better compromise with your creditors."

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach. Adv.

It's an easy matter for some real estate dealers to make mountains of molehills.

Makes Hard Work Harder

A bad back makes a day's work twice as hard. Backache usually comes from weak kidneys, and if headaches, dizziness or urinary disorders are added, don't wait—get help before the kidney disease takes a grip—before dropsy, gravel or Bright's disease sets in. Doan's Kidney Pills have brought new life and new strength to thousands of working men and women. Used and recommended the world over.

A Colorado Case

F. M. Conrad, of Clear Lake, Cal., writes: "I had attacks of kidney trouble for five years and often the worst. I was a 'w-o' great, that I could not get around to do my work, hearing as much about Doan's Kidney Pills, I tried them and they relieved me in a short time. I have taken Doan's Kidney Pills several times since and they have always done good work."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Weeks' Break-Up-A-Cold Tablets

A guaranteed remedy for Colds and La Grippe. Price 25c of your druggist. It's good. Take nothing else.—Adv.

Of a Kind.

"I wish Evelyn hadn't gone rowing with that young De Swift. He is a fool in a boat."
"Rock-the-boat idiot?"
"No. Not that kind. He is one of the sort that proposes."

Be happy. Use Red Cross Bay Blue; much better than liquid blue. Delights the laundress. All grocers. Adv.

During the Bugsome.

The Golf Insect—Where did the Beetle fall off his game, caddy?
The Caddy Insect—At the seventh hole, sir; he lost four strokes getting over an anthill.

FOR BABY RASHES

Cuticura Soap is Best Because So
Soothing and Cooling. Trial Free.

If baby is troubled with rashes, eczemas, itchings, chaffings or hot, irritated skin follow Cuticura Soap bath with light application of Cuticura Ointment to the affected part. Nothing so soothing, cooling and refreshing when he is fretful and sleepless.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Hotel to Have Food Albums.

One of the New York hotels has provided a food album to help the jaded appetites of their guests. Hereafter when you see a menu printed in French you may banish the look of bewilderment, for the food album will translate it for you. For instance, if you see "Jeune Perdreaux" on the menu, and opposite page 15, just flip back the book to that page and you will see the picture of a well-dressed bird, surrounded with a cunning tomatato of rice. "That is partridge, smothered in rice," the waiter explains. And in case the diner does not like the picture he may take the book and go through it until he finds something that appeals to him.

Mother Explains.

"My dear," said Mr. Hemmshaw, "I hope you are not planning to buy a lot of new furniture."
"I am not," replied Mrs. Hemmshaw, "and I don't know what gives you the idea."

"This shopping list gives me the idea."

"What shopping list?"

"On this paper, which I just picked up off the floor, is written: 'Washstand, parlor chairs, dining-room table, writing desk, refrigerator, tuboret, piano stool, pedestal, step-ladder, cedar chest, music cabinet and garbage can.'"

"Oh, that is just a record I was keeping of the things the baby has fallen from this week."—Judge.

If a man was hurt every time he is scared he would never live to reach three score and ten.

PRESSED HARD

Coffee's Weight on Old Age.

When people realize the injurious effects of coffee and the better health that a change to Postum can bring, they are usually glad to lend their testimony for the benefit of others.

"My mother, since her early childhood, was an inveterate coffee drinker, had been troubled with her heart for a number of years and complained of that 'weak-all-over' feeling and sick stomach."

"Some time ago I was making a visit to a distant part of the country and took dinner with one of the merchants of the place. I noticed a somewhat unusual flavor of the 'coffee' and asked him concerning it. He replied that it was Postum."

"I was so pleased with it that I bought a package to carry home with me, and had wife prepare some for the next meal. The whole family liked it so well that we discontinued coffee and used Postum entirely."

"I had been very anxious concerning my mother's condition, but we noticed that after using Postum for a short time she felt much better, had little trouble with her heart, and no sick stomach; that the headaches were not so frequent, and her general condition much improved. This continued until she was well and hearty."

"I know Postum has benefited myself and the other members of the family, especially my mother, as she was a victim of long standing." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.
—sold by Grocers.

BEST OF CANDIED FRUITS

Many Delicious Varieties That May
Be Put Up at This Time of
the Year.

Seasonable fruits for preserving just now are sickle pears, sections of oranges, bits of pineapple and grapes. A sirup is made from two cupsful of sugar, one cupful of water, and one-eighth teaspoonful of cream of tartar. This is boiled until it will make a soft ball when tried in cold water. Then the fruit is dropped in sufficient to cover the surface of the sirup. In about ten minutes this should be skimmed out and more fruit put in until all is cooked. Tender, juicy fruits may not take quite ten minutes, while hard pieces like pineapple will probably take longer. Care must be taken not to puncture the outside covering of any sweet, juicy fruit, as the sirup will not candy if the juice becomes mixed with it.

When all the fruit is cooked it should be drained and allowed to lie in granulated sugar till dry.

Amber jelly is another delicacy out of the ordinary that can be made at this time of year. The ingredients are one grapefruit, one orange, one lemon and granulated sugar. The fruit is peeled, being careful not to remove the white pulp with the skin. This must be saved for the pectin (jelly-making substance) it contains.

After peeling, the fruit is cut into lengths, removing the white center of the grapefruit, which is very bitter. The pulp with the skin of the orange cut fine is measured, and to each cupful of pulp a cupful of water is added. This is put over the stove and boiled for five minutes. Then hot water is added equal to one-quarter the amount of water originally added. When this comes to a boil the kettle is removed from the stove and the contents measured. To five cupfuls of the pulp four cupfuls of sugar is the right proportion. This is boiled for 45 minutes, then poured into jars and sealed.

Chintz as an Armor in Household.

The young for chintz in dress has led a young matron who does her own housework—and likes to look well while doing it—into making a set of work aprons and caps out of this decorative material.

The firm weave of chintz makes it an admirable dust-proof protection for gown and hair and keeps a fresh look. Chintz does not wrinkle easily, and if a gay all-over design be chosen, it will not look spotted for a long while.

Dressed in her chintz apron and cap to match, the young matron looks pretty to a degree—more as though arrayed for some fancy dress affair than for mere work; a fact that makes work go gayly.

Her aprons cover her gowns entirely. They are tightly belted in at the waist and furnished with a commodious pocket. An apron and a cap striped in inch bars of dark blue alternating with a pattern of green leaves and yellow flowers on white background make her favorite chintz armor against dust and soil.

Roast Beef East Indian Style.

Fry an onion in a little butter till a golden brown, add a chopped green pepper and half a teaspoonful of curry powder. Then pour in the gravy or a cupful of tomato juice, also a few drops of Worcestershire sauce. Season to taste with salt and pepper. Cut the meat in neat squares and heat in the sauce. Do not allow it to boil, merely become heated through.

Turkey Salad.

Cut cold turkey into shapely bits, add to each pint eight stoned and sliced olives and a tablespoonful each of chopped gherkins and capers. Mix with the turkey, add a tablespoonful of grated onion and one pint of cut-up celery. When well mixed, stir in a half-cupful (or more to taste) of salad dressing. Garnish with celery tips and whole cloves.

Cornmeal and Salt to Clean.

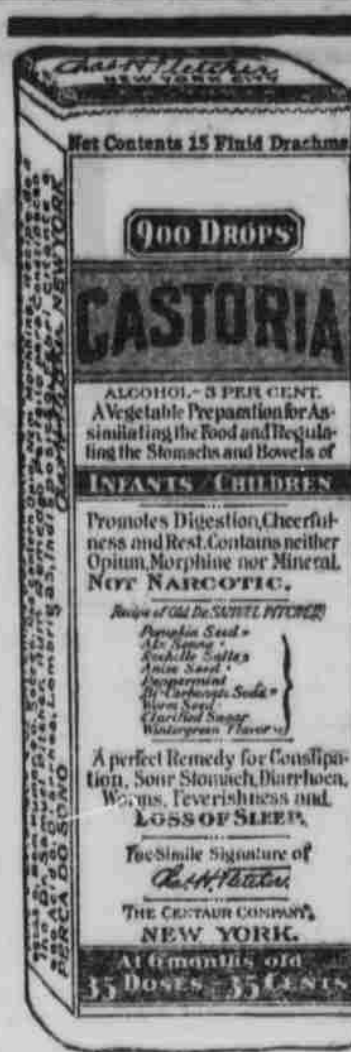
Any light woolen material may be cleaned by this method: Mix cornmeal and salt in equal parts, then spread out the material or garment on a white cloth on the kitchen table and cover it with the cornmeal and salt mixture. When it has been on for a short time, cover your clothes brush or scrub brush with a soft white cloth, and go over the entire surface of the garment. After it has been brushed thoroughly, shake well and hang in the open air. The same process may be used with white dooskin gloves.

Lemon Pie.

Cupful of sugar, two tablespoonfuls flour, small piece of butter (melted), grated rind and juice of one lemon, yolks of two eggs, one cupful milk, whites of two eggs beaten stiff; bake in one crust for 45 minutes in a very slow oven.

Ginger Cookies.

Two cupfuls of molasses, one cupful sugar, one cupful shortening, one cupful water, two teaspoonfuls soda, salt, teaspoonful ginger, flour to make dough. Will make six dozen cookies.



CASTORIA

For Infants and Children.

Mothers Know That
Genuine Castoria

Always
Bears the
Signature
of

In
Use
For Over
Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

No Time to Spare.

"Now that the football season is over and it's rather too early for baseball, I guess our boy at college will be able to do a little studying," said Mrs. Dubwinfe.

"I'm afraid not," answered Mr. Dubwinfe. "He writes me that his social duties have been sadly neglected."

SALTS IF BACKACHE OR KIDNEYS TROUBLE YOU

Eat Less Meat if Your Kidneys Aren't
Acting Right or if Back Hurts or
Bladder Bothers You.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them like you relieve your bowels; removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sour, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness. Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink.—Adv.

The Reason.

Quiz—I wonder why motor boating is so much more sport than automobil-

Whiz—Because out here there are no trees or fences for 'em to climb.

An average man breathes about 21 cubic feet of air into his lungs every hour.

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Bacio Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any drugist can put this up or you can mix it at home as very little cost. It will gradually darken streaked, faded gray hair and remove dandruff. It is excellent for falling hair and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

Favors are seldom satisfactory. The best way is not to need them.

Ten smiles for a nickel. Always buy Red Cross Bag Blue; have beautiful, clean white clothes. Adv.

Looked Ominous.

"I don't think this fellow will be very popular around the hotel."
"Why so?"
"I see he registers from No. Tippington, Wis."—Louisville Courier-Journal.

Your Liver Is Clogged Up

That's Why You're Tired—Out of Sorts

—Have No Appetite

CARTER'S LITTLE

LIVER PILLS

will put you right

in a few days.

They do

their duty.

Cure Con-

stipation,

Biliousness,

Indigestion and Sick Headache

SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature

W. N. U., DENVER, NO. 4-1916.

KEELEY

INSTITUTE

COR. EIGHTEENTH AND CURTIS STS.

DENVER, COLO.

Liquor and Drug Addictions

cured by a scientific course of medication.

The only place in Colorado where the

Genuine Keeley Remedies are administered.

W. N. U., DENVER, NO. 4-1916.

WHY "ANURIC"

IS AN INSURANCE AGAINST SUDDEN DEATH!

Sufferers from Backache, Rheumatism and Kidney Trouble

Before an Insurance Company will take a risk on your life the examining physician will test the urine and report whether you are a good risk. When your kidneys get sluggish and clog, you suffer from backache, sick headache, dizzy spells, or the twinges and pains of lumbago, rheumatism and gout. The urine is often cloudy, full of sediment; channels often get sore and sleep is disturbed two or three times a night. This is the time you should consult some physician of wide experience—such as Dr. Pierce, of the Invalids' Hotel and Surgical Institute, Buffalo, N. Y. Send him 10 cents for sample package of his new discovery—"Anuric." Write him your symptoms and send a sample of urine for test.

Experience has taught Dr. Pierce that "Anuric" is the most powerful agent in dissolving uric acid, as hot water melts sugar; besides being absolutely harmless it is endowed with other properties, for it preserves the kidneys in a healthy condition by thoroughly cleansing them. Checks the degeneration of the blood-vessels, as well as regulating blood pressure. "Anuric" is a regular insurance and life-saver for all big meat eaters and those who deposit lime-salts in their joints. Ask the druggist for "Anuric" put up by Dr. Pierce, in 50-cent packages.

Dr. Pierce's Favorite Prescription makes weak women strong, sick women well. No alcohol. Sold in tablets or liquid.